- 1 1. A method of treating a human patient for unipolar major depression, comprising
 2 administering an omega-3 fatty acid to said patient at a dosage sufficient to reduce
 3 or eliminate the symptoms of unipolar major depression.
- The method of claim 1, wherein said omega-3 fatty acid is administered at a dose of between about 1 and about 30 grams per day.
- The method of claim 1, wherein said omega-3 fatty acid is in a substantially pure form.
- 8 4. The method of claim 1, wherein said omega-3 fatty acid is eicosapentanoic acid.
- The method of claim 4, wherein said eicosapentanoic acid is administered at a dose of between about 2 and about 10 grams per day.
- 11 6. The method of claim 1, wherein said omega-3 fatty acid is docosahexanoic acid.
- The method of claim 6, wherein said docosahexanoic acid is administered at a dose of between about 1 and about 5 grams per day.
- 14 8. The method of claim 1, wherein said omega-3 fatty acid is alpha-linolenic acid.
- The method of claim 1, further comprising administering a pharmaceutically effective dose of at least one member of lithium, a pharmaceutical antidepressant, an herbal antidepressant, an anticonvulsant, a mood stabilizer, an antipsychotic agent, and a benzodiazepine.
- 19 10. An omega-3 phosphatidylcholine useful in the treatment of unipolar major 20 depression consisting of glycerol, wherein:
- 21 a) the α and β carbons of said glycerol are both esterified to a fatty acid, at least one of which is an omega-3 fatty acid; and

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the γ carbon of said glycerol is esterified to phosphocholine. 1 b) The omega-3 phosphatidylcholine of claim 10, wherein both the α and β carbons 2 11. of said glycerol are esterified to an omega-3 fatty acid. 3 The omega-3 phosphatidylcholine of either claim 10 or 11, wherein 12. 4 eicosapentanoic acid is esterified to a member of the α carbon, the β carbon, and 5 both the α and β carbons of said glycerol. 6 The omega-3 phosphatidylcholine of either claim 10 or 11, wherein 7 13. docosahexanoic acid is esterified to a member of the α carbon, the β carbon, and 8 9 both the α and β carbons of said glycerol. The omega-3 phosphatidylcholine of either claim 10 or 11, wherein alpha-10 14. linolenic acid is esterified to a member of the α carbon, the β carbon, and both the 11 12 α and β carbons of said glycerol. The omega-3 phosphatidylcholine of claim 10, wherein eicosapentanoic acid is 13 15. esterified to the α carbon of said glycerol and docosahexanoic acid is esterified to 14 the β carbon of said glycerol. 15 The omega-3 phosphatidylcholine of claim 10, wherein docosahexanoic acid is 16 16. esterified to the acarbon of said glycerol and eicosapentanoic acid is esterified to 17 the β carbon of said omega-3 phosphatidylcholine. 18 A pharmaceutical composition comprising the omega-3 phosphatidylcholine of 19 17.

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claim 10, wherein one or more unit doses of said composition provides an amount

of said omega-3 phosphatidylcholine sufficient to reduce or eliminate the

symptoms of unipolar major depression.

1	18.	The pharmaceutical composition of claim 16, further comprising a member of							
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- 2 lithium, a pharmaceutical antidepressant, an herbal antidepressant, an
- anticonvulsant, a mood stabilizer, an antipsychotic agent, and a benzodiazepine..
- 4 19. A method of treating unipolar major depression in a human patient, comprising
- administering the omega-3 phosphatidylcholine of claim 10 to said patient at a
- dose sufficient to reduce or eliminate the symptoms of unipolar major depression.
- 7 20. The method of claim 19, further comprising administering a pharmaceutically
- 8 effective dose of at least one member of lithium, a pharmaceutical antidepressant,
- 9 an herbal antidepressant, an anticonvulsant, a mood stabilizer, an antipsychotic
- agent, and a benzodiazepine.
- 11 21. A kit comprising a carrier containing in close confinement therein one or more
- components, wherein:
- a) a first component contains an omega-3 fatty acid; and
- 14 b) a second component contains a psychotropic medication useful in the
- 15 treatment of unipolar major depression.
- 16 22. The kit of claim 21 wherein:
- a) said first component contains an omega-3 fatty acid selected from the
- group consisting of eicosapentanoic acid, docosahexanoic acid, and alpha-linolenic acid;
- 19 and
- 20 b) said second component is selected from the group consisting of lithium,
- 21 pharmaceutical antidepressant, an herbal antidepressant, an anticonvulsant, a mood
- stabilizer, an antipsychotic agent, and a benzodiazepine.
- 23 23. A kit comprising a carrier containing in close confinement therein, none or more
- 24 components wherein:
- a first component contains an omega-3 phosphatidyl-choline; and

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1 2	of unip	b) a second component contains a psychotropic agent useful in the treatment olar major depression.
3 4 5	24.	The kit of claim 23, wherein the α carbon of said glycerol is esterified to eicosapentanoic acid and the β carbon of said glycerol is a esterified to doocosahexanoic acid.
6 7 8	25.	The kit of claim 23, wherein the α carbon of said glycerol is esterified to docosahexanoic acid and the β carbon of said glycerol is a esterified to eicosapentanoic acid.
9 10 11	26.	The kit of claim 23, wherein a member of eicosapentanoic acid, docosapentanoic acid, and alpha-linolenic acid is esterified to a member of the α carbon, the β carbon, and both the α and β carbons of said glycerol.
12 13 14 15	27.	The kit of any one of claims 23-26, wherein said second component is selected from the group consisting of lithium, pharmaceutical antidepressant, an herbal antidepressant, an anticonvulsant, a mood stabilizer, an antipsychotic agent, and a benzodiazepine.